

March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
				1 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Carolyn 5-Level 2-Debbie 6:30-Level 1-Sarah T	2 9:00-Level 3-Liz 9:00-Med/Restore-Heather 10:30-Level 1-Christina (balls) 10:30-Ageless/Gentle-Sandy	3 9AM-Mixed Level-Kerry 9AM-Mindful-Mary Lou
4	5 9- Ageless Lev 1-Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Mary Lou 6:00- Mindful Motion-Healthy Back - Sandy	6 9:00-Level 1-Sarah T 10:30-Level 3-Sarah T 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Debbie 6:30-YogaMoves-Rodney 6:30-Level 1&2-Debbie	7 9:00 - Ageless Mixed Lev-Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Rodney 6:30-Prenat-Christina	8 9:00-Level 2-Kim 9:15-Vinyasa Flow-Kerry 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy (balls) 5-Level 2-Kerry 6:30-Level 1-Kerry	9 9:00-Level 3-Liz 9:00-Med/Restore-Heather 10:30-Level 1-Christina 10:30- Ageless/Gentle-Carolyn	10 9AM-Mixed Level-Liz 9AM-Mindful-Jim 10:30-6:30-300 Hr TT
11 10:00-6:00-300 Hr TT 4:00–5:15–Restorative Flow - Randi	12 9- Ageless Lev 1-Kim 10:30-Level 2-Kim 10:30- Ageless/Gentle-Sandy 6:00-Yin-Erin 6:00- Mindful Motion-Open Heart - Mary	13 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Susan 6:30-YogaMoves-Rodney 6:30-Level 1&2-Susan	14 9:00- Ageless Mixed Lev-JoRoyce 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Liz 6:30-Prenat-Christina	15 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	16 9:00-Level 3-Randi 9:00-Med-Mary Lou 10:30-Level 1-Randi 10:30- Ageless/Gentle-Mary Lou	17 9AM-Mixed Level-Kerry 9AM-Mindful-Mary
18	19 9- Ageless Lev 1-Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Mary Lou 6:00-Yin-Sarah 6:00- Mindful Motion-Hip Flexors - Mary	20 9:00-Level 1-Christina 10:30-Level 3-Kerry 10:30-Restore-Heather 5:00- Level 2 –Rodney 5:00-Level 1-Christina 6:30-YogaMoves-Rodney 6:30-Level 1&2-Christina	21 9:00- Ageless Mixed Lev-Mary Lou 9:30-Yin-Erin 10:30-Gentle/Ageless-Mary Lou 6:30-Flow 2&3-Kerry 6:30-Prenat-Christina	22 9:00-Level 2-Debbie 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Carolyn 11:00-Ageless Gentle-Nancy 5-Level 2-Kerry 6:30-Level 1-Kerry	23 9:00-Level 3-Randi 9:00-Med/Restore-Heather 10:30-Level 1-Randi (balls) 10:30- Ageless/Gentle-Carolyn	24 9AM-Mixed Level-Randi 9AM-Mindful-Liz 10:30-6:30-200 Hr TT
25 10:00-6:00-200 Hr TT	26 9- Ageless Lev 1-Heather 10:30-Level 2-Erin 10:30- Ageless/Gentle-Carolyn (balls) 6:00-Yin-JoRoyce 6:00- Mindful Motion-Breath - Mary	27 9:00-Lev 1/Tibetan Rites-Kim 10:30-Level 3-Sarah O 10:30-Restore-Heather 5:00- Level 2 –Kerry 5:00-Level 1-Susan 6:30-Vinyasa Flow-Kerry 6:30-Level 1&2-Susan	28 9:00- Ageless Mixed Lev-JoRoyce 9:30-Yin-Sarah T 10:30-Gentle/Ageless-Carolyn 6:30-Flow 2&3-Randi 6:30-Prenat-Christina	29 9:00-Level 2-Kim 9:15-Vinyasa Flow-Randi 10:30-Ageless Lev 1-Kim 11:00-Ageless Gentle-Nancy 5-Level 2-Sarah T 6:30-Level 1-Sarah T	30 9:00-Level 3-Liz 9:00-Med-Mary Lou 10:30-Level 1-Christina 10:30- Ageless/Gentle-Mary Lou	31 9AM-Mixed Level-Liz 9AM-Mindful-Mary

2018